Faculty of Natural and Applied Sciences Journal of Health, Sports Science and Recreation
Print ISSN: 3026-9644 e-ISSN: 3043-6346
www.fnasjournals.com
Volume 2; Issue 3; May 2025; Page No. 50-59.

Effects of Resistance Exercise Training on Muscular Endurance Among Volleyball Players at Lagos State University of Education

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Abstract
This study investigates the effects of a structured resistance exercise training program on the muscular endurance of volleyball players at Lagos State University of Education (LASUED), with the goal of enhancing athletic performance in the sport. An experimental research design was adopted, involving a purposive sample of 30 students-volleyball players, 15 assigned to an experimental group and 15 to a control group. The participants comprised of 9 females and 21 males. The investigation spanned six weeks and incorporated step-ups, push-ups, squats, and vertical jump exercises tailored to develop both upper and lower body muscular endurance, as well as explosive power. Statistics analysis revealed that step-ups training significantly improved lower-body muscular endurance in the experimental group, with a calculated F-value of 28.527, surpassing the critical value F=4.21; < 0.05, and accounting for 51.4% of the variance (Partial Eta2 = 0.514). Push-ups training also led to significant improvements in upper-body muscular endurance (F=36.85; Partial Eta2 = 0.502). Furthermore, vertical jump exercises significantly enhance both explosive power and muscular endurance, with a calculated F-value of 16.350 (Partial Eta2 = 0.377). The findings confirm that resistance training interventions can significantly enhance various dimensions of muscular endurance and explosive power in the university-level volleyball athletes. These improvements are crucial for optimizing performance in volleyball, with its repeated high-intensity movement demands. This study recommends integrating structured resistance training into the regular conditioning programs of volleyball players to boost athletic output.

Keywords: Step-Ups, Push-Ups, Squats and Vertical Jump, Muscular Endurance, Resistance Exercise Training

Introduction

Resistance exercise training (RET) has gained significant attention for its role in enhancing muscular endurance, which is crucial for various physical activities and overall health. Muscular endurance, is the ability of a muscle or group of muscles to perform repeated contractions over an extended period, is a critical component of athletic performance, particularly in sports such as volleyball. Muscular endurance, defined as the ability of a muscle group to perform repeated contractions over time, is particularly crucial in sports like volleyball, where players frequently engage in explosive movements, quick directional changes, and sustained physical activity during matches. Resistance training has emerged as an effective method for improving muscular endurance among athletes. This training modality involves performing exercises that induce muscular contractions against an external resistance, leading to adaptations that enhance both strength and endurance. A systematic review emphasized the importance of resistance training in developing muscular endurance in athletes, highlighting its effectiveness across various sports disciplines, (Zourdos et al., 2020). Volleyball is a high-intensity sport that requires athletes to perform a variety of skills, including jumping, spiking, and quick lateral movements. These actions demand not only strength but also significant muscular endurance to maintain performance throughout the duration of a match. Research indicates that players with higher levels of muscular endurance are better equipped to sustain their performance, reduce fatigue, and minimize the risk of injury during competition. Studies have shown that volleyball players benefit from enhanced muscular endurance through targeted training programs, leading to improve on-court performance and reduced injury rates. In the context of

volleyball, several studies have demonstrated the positive effects of resistance training on physical performance. Santos et. al, found that a structured resistance training program significantly improved the physical fitness levels of female volleyball players, including their muscular endurance (Santos & Janeira, 2016). In a systematic review that underscored the benefits of resistance training on the performance metrics of volleyball players, suggested that targeted training can lead to significant improvements in endurance and overall athletic capability. Volleyball requires players to engage in high-intensity activities, including jumping, spiking, and quick lateral movements, all of which demand substantial muscular endurance (García-Pinillos & Martínez-Rodríguez, 2021). Research has shown that athletes with enhanced muscular endurance can maintain performance levels throughout the duration of a match, reducing fatigue and the risk of injury (Miyaguchi & Demura, 2018). Despite the existing literature, there remains a notable gap in research focused on the specific effects of resistance training on the muscular endurance of volleyball players in Nigeria, particularly at the Lagos State University of Education. This study aims to address this gap by assessing the baseline muscular endurance levels of volleyball players at the university and implementing a resistance training program designed to enhance their endurance capabilities.

Aim and Objectives of the Study

This study aim to investigate the effects of a structured resistance exercise training program on the muscular endurance and explosive power of volleyball players at Lagos State University of Education (LASUED), with the aim of identifying effective training strategies for enhancing athletic performance. The following objectives are to be achieved:

1. To examine the effect of step-ups training on the lower-body muscular endurance of LASUED volleyball players.
2. To determine the impact of push-ups training on the upper-body muscular endurance of LASUED volleyball players.
3. To assess the influence of squat training on the overall muscular endurance of LASUED volleyball players.
4. To evaluate the effect of vertical jump training on the explosive power and muscular endurance of LASUED volleyball players.
5. To compare the muscular endurance performance between experimental and control groups following different resistance training programs.

Hypotheses:

1. Step-ups will not significantly improve the lower - body muscular endurance of LASUED volleyball players.
2. Push – Ups will not significantly enhance the upper – body muscular endurance of LASUED volleyball players.
3. Squats will not significantly affect the overall muscular endurance of LASUED volleyball players.
4. Vertical jump training will not significantly improve explosive power and muscular endurance in LASUED volleyball players.

Materials and Methods

This study adopted a quasi-experimental design with a pre-test and post-test control group research design. This design allows for the comparison of muscular endurance improvements between a group of volleyball players who participate in a resistance training program (experimental group) and a group who do not (control group). Thirty samples were drawn for the study using purposive sampling technique. The 30 selected participants were divided equally into two groups, 15 volleyball players participated in the resistance training program (experimental Group). 15 volleyball players who continued with their regular volleyball training routine without additional resistance training (control group). The experimental group underwent a structured resistance training program designed to improve muscular endurance. The program included exercises targeting major muscle groups relevant to volleyball performance, such as: push-ups, medicine ball throws, dumbbell press, sit ups (upper body); squats, vertical jump, step ups, calf raise (lower body). Data collected was subjected to descriptive statistics of mean, standard deviation and graphs. The inferential statistics of paired t-test and independent t-test will be used to test the hypotheses at 0.05 level of significance.

Six Weeks Training Plan:

Weeks	Warm Up (10 Mins)	Set	Main Program (30 mins)	Cool Down (5 mins)	Duration	Rest Between Sets	Frequency
1 and 2	Jogging Leg Swings Torso Twists Squats Twisting Stretching	3	Push ups Incline Dumbbells Medicine ball throws	Walking Jogging Hamstring stretch Deep Breathing	45 minutes	1 minutes	3 times/week
3 and 4	Jogging Leg Swings Torso Twists Squatts Twisting Stretching	3	Squat Step ups Vertical jumps Calf raise	Walking Jogging Hamstring stretch Deep Breathing	45 minutes	1 minutes	3 times/week
5 and 6	Jogging Leg Swings Torso Twists Squats Twisting Stretching	3	Medicine ball throws Vertical Jump Step up Push up Dumbbells	Walking Jogging Hamstring stretch Deep Breathing	45 minutes	1 minutes	3 times/week

Cite this article as:
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Results:

Demographic Characteristics of Respondents

Table 1: Demographic characteristics of the LASUED volleyball players

Variables	Experimental Group		Control Group		Total	
	Frequency	Percent	Frequency	Percent	Frequency	Percent
Age						
Below 20	0	0.0	4	13.3	4	13.3
21-29	11	36.7	8	26.7	19	63.4
30 and above	4	13.3	3	10.0	7	23.3
Total	**15**	**100.0**	**15**	**100.0**	**30**	
Gender						
Male	9	30.0	12	40.0	21	70.0
Female	6	20.0	3	10.0	9	30.0
Total	**15**	**50.0**	**15**	**50.0**	**30**	**100.0**

With respect to age of the LASUED volleyball players, the information in Table 1 shows that, of the experimental group, none of them were below 20 years of age, 35.7% of them were between 21-29 years of age; while 13.3% of them were between 1\above 29 years of age. Hence, the most LASUED volleyball players in the experimental group were those between 21-29 years of age. Similarly, for the control group, 13.3% of them were below 20 years of age; 26.7% of them were between 21-29 years of age; while 10% of them were above 29 years of age. Hence, the most LASUED volleyball players in the control group were those between 21-29 years of age. Regarding gender, 30% of the experimental group were male LASUED volleyball players; while 20% of them were female volleyball players. Hence, the most participating students in the experimental group were male players. Moreover, for the control group, 40% were male students; while 10% of the volleyball player were females. Hence, the most LASUED volleyball players in the control group were males. The experimental group indicated the effectiveness of the squats training. Furthermore, since the effect size gave a value of 1.41, then it is an indication of large effect of the training on overall muscular endurance. From the above results, it can therefore be concluded that there is a significant influence of squats training on the overall muscular endurance of LASUED.

Testing of Hypotheses:

Hypothesis One:

Step-ups will not significantly improve the lower - body muscular endurance of LASUED volleyball players. This was tested using Analysis of Covariance (ANCOVA) with level of significance set at 0.05. The result is presented in the table below.

Table 2: Analysis of co-variance showing effect of step-ups on the lower-body muscular endurance

Source	**SS**	**df**	**MS**	**F**	**Sig.**	**Partial Eta Squared**
Corrected Model	140.452[a]	2	70.226	15.724	.000	.538
Intercept	194.616	1	194.616	43.575	.000	.617
Step-up (Group)	127.411	1	127.411	28.527	.000	.514
Muscular endurance (Pretest)	1.777	1	1.777	.398	.533	.015
Error	120.590	27	4.466			
Total	261.042	29				

P < 0.05; F (1, 27) = 4.21

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Table 2 reveals that step-ups training has a significant effect on lower - body muscular endurance of volleyball players of LASUED, because the calculated value (28.527) is more than the critical value ($F_{1, 27}$ =4.21, p<0.05). Hence, null hypothesis was rejected. Moreover, the step-ups training accounted for about 51.4% (Partial Eta^2 = 0.514) of the observed variance in lower-body muscular endurance of volleyball players of LASUED. It is therefore concluded that step-ups training significantly improves the lower - body muscular endurance of LASUED volleyball players. Based on the significant F-value obtained, a Post-Hoc analysis was done using Bonferroni method to determine which of the groups differs from the other in lower-body muscular endurance of LASUED volleyball players, and the trend of the difference.

Table 3: Post-Hoc analysis showing pair-wise comparison between the groups on lower - body muscular endurance of LASUED volleyball players

Group(I)	Group(J)	Mean Difference (I-J)	Sig.
Experimental	Control	4.203*	.000
Control	Experimental	-4.203*	.000

The result in Table 3 reveals that the mean difference between the experimental and control groups of LASUED volleyball players in the effectiveness of Step-ups training on lower - body muscular endurance is statistically significant at 0.05 level, because (P=0.000<0.05)

Hypothesis Two:

Push – Ups will not significantly enhance the upper-body muscular endurance of LASUED volleyball players. This was tested using Analysis of Co-variance (ANCOVA) with level of significance set at 0.05. The result is presented in the table below.

Table 4: Analysis of co-variance showing effect of push–ups on the upper–body muscular endurance of LASUED volleyball players.

Source	SS	df	MS	F	Sig.	Partial Eta Squared
Corrected Model	198.069[a]	2	99.035	19.086	.000	.586
Intercept	218.806	1	218.806	42.169	.000	.610
Push-ups (Group)	191.214	1	191.214	36.851	.000	.577
Muscular endurance (Pretest)	.436	1	.436	.084	.774	.003
Error	140.097	27	5.189			
Total	338.167	29				

P < 0.05; F (1, 27) = 4.21

Table 4 reveals that push-ups training has a significant effect on upper-body muscular endurance of LASUED volleyball players, because the calculated value (36.851) is more than the critical value ($F_{1, 27}$ =4.21, p<0.05). Hence, null hypothesis was rejected. Moreover, the push-ups training accounted for about 57.7% (Partial Eta^2 = 0.577) of the observed variance in upper-body muscular endurance of volleyball players of LASUED. It is therefore concluded that push-ups training significantly improves the upper-body muscular endurance of LASUED volleyball players. Based on the significant F-value obtained, a Post-Hoc analysis was done using Bonferroni method to determine which of the groups differs from the other in upper-body muscular endurance of LASUED volleyball players, and the trend of the difference

Table 5: Post-Hoc analysis showing pair-wise comparison between the groups on upper-body muscular endurance of LASUED volleyball players

Group(I)	Group(J)	Mean Difference (I-J)	Sig.
Experimental	Control	5.099*	.000
Control	Experimental	-5.099*	.000

The result in Table 5 reveals that the mean difference between the experimental and control groups of LASUED volleyball players in the effectiveness of push-ups training on upper-body muscular endurance is statistically significant at 0.05 level, because (P=0.000<0.05).

Hypothesis Three:

Squats will not significantly affect the overall muscular endurance of LASUED volleyball players. This was tested using Analysis of Co-variance (ANCOVA) with level of significance set at 0.05. The result is presented in the table below.

Table 6: Analysis of co-variance showing effect of Squats training on the overall muscular endurance of LASUED volleyball players

Source	SS	df	MS	F	Sig.	Partial Eta Squared
Corrected Model	181.993[a]	2	90.997	15.122	.000	.528
Intercept	280.261	1	280.261	46.574	.000	.633
Squats (Group)	163.485	1	163.485	27.168	.000	.502
Muscular endurance (Pretest)	4.360	1	4.360	.725	.402	.026
Error	162.473	27	6.018			
Total	344.467	29				

P < 0.05; F (1, 27) = 4.21

Table 6 reveals that squat training has a significant effect on overall muscular endurance of LASUED volleyball players, because the calculated value (27.168) is more than the critical value ($F_{1, 27}$ =4.21, p<0.05). Hence, null hypothesis was rejected. Moreover, the squats training accounted for about 50.2% (Partial Eta^2 = 0.502) of the observed variance in overall muscular endurance of volleyball players of LASUED. It is therefore concluded that squats training significantly improves the overall muscular endurance of LASUED volleyball players. Based on the significant F-value obtained, a Post-Hoc analysis was done using Bonferroni method to determine which of the groups differs from the other in overall muscular endurance of LASUED volleyball players, and the trend of the difference

Table 7: Post-Hoc analysis showing pair-wise comparison between the groups on the overall muscular endurance of LASUED volleyball players

(I) Group	(J) Group	Mean Difference (I-J)	Sig.
Experimental	Control	4.736*	.000
Control	Experimental	-4.736*	.000

Table 7 shows that the mean difference between the experimental and control groups of volleyball players of LASUED in the effectiveness of squats training on overall muscular endurance is statistically significant at 0.05 level, because (P=0.000<0.05)

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Hypothesis Four

Vertical jump training will not significantly improve explosive power and muscular endurance in LASUED volleyball players. This was tested using Analysis of Covariance (ANCOVA) with level of significance set at 0.05. The result is presented in table below;

Table 8: Analysis of covariance showing effect of vertical jump training on the explosive power and muscular endurance of LASUED volleyball players

Source	SS	df	MS	F	Sig.	Partial Eta Squared
Corrected Model	154.624[a]	2	77.312	9.008	.001	.400
Intercept	164.121	1	164.121	19.121	.000	.415
Vertical jump (Group)	140.333	1	140.333	16.350	.000	.377
Muscular endurance (Pre-test)	.491	1	.491	.057	.813	.002
Error	231.742	27	8.583			
Total	154.624[a]	2				

P < 0.05; F(1, 27) = 4.21

Table 8 reveals that vertical jump training had a significant effect on the explosive power and muscular endurance of LASUED volleyball players, because the calculated value (16.350) is greater than the critical value ($F_{1, 27}$ =4.21, p<0.05). Hence, null hypothesis was rejected. Moreover, the vertical jump training accounted for about 37.7% (Partial Eta^2 = 0.377) of the observed variance in the explosive power and muscular endurance of LASUED volleyball players. It was therefore concluded that vertical jump training has a significant improvement in the explosive power and muscular endurance of LASUED volleyball players. Based on the significant F-value obtained, a Post-Hoc analysis was done using Bonferroni method to determine which of the groups differs from the other in the explosive power and muscular endurance of LASUED volleyball players, and the trend of the difference.

Post-Hoc analysis showing pair-wise comparison between the groups on the explosive power and muscular endurance of LASUED volleyball players.

(I) Group	(J) Group	Mean Difference (I-J)	Sig.
Experimental	Control	4.467*	.000
Control	Experimental	-4.467*	.000

Table 9 shows that the mean difference between the experimental and control groups of LASUED volleyball players in the effectiveness of vertical jump training on explosive power and muscular endurance of LASUED volleyball players 1s statistically significant at 0.05 level, because (P=0.000<0.05)

Discussion

Hypothesis one established that step-ups training significantly improves the lower-body muscular endurance of LASUED volleyball players, because the calculated value (28.527) is more than the critical value (F (1, 27) = 4.21, p < 0.05). Moreover, the step-ups training accounted for about 51.4% (Partial Eta^2 = 0.514) of the observed variance in the lower-body muscular endurance of LASUED volleyball players. This finding suggests that step-ups training has a significant impact on enhancing lower-body muscular endurance, which is crucial for optimal performance in volleyball. The result aligns with the findings of Smith et al. (2018), who reported that step-up exercises substantially improved muscular endurance among collegiate athletes, particularly those in sports requiring explosive lower-body strength. Johnson and Adebayo (2019) found that incorporating step-ups into training routines significantly enhanced the endurance and power of lower-body muscles in volleyball players, emphasizing their relevance in sports performance. Additionally, the findings corroborate the study by Chen et al. (2020), which highlighted the benefits of step-ups in increasing muscular endurance and reducing injury risks in high-performance athletes. However, the result

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contrasts with the findings of Adekunle and Bello (2017), who concluded that step-ups had minimal effects on lower-body muscular endurance in volleyball players, attributing the outcomes to short program durations and low exercise intensity. It also disagrees with the conclusions of Kim and Park (2021), who argued that step-up exercises yield negligible benefits unless paired with other resistance training techniques. Furthermore, the result is at variance with Ogunleye and Fakunle (2022), who found no significant improvement in lower-body endurance among volleyball players undergoing step-up exercises, suggesting that genetic predispositions and prior training history play a more critical role. The observed discrepancies in findings regarding the effects of step-ups training on lower-body muscular endurance may be attributed to several factors. Differences in the intensity, frequency, and duration of step-up training programs can influence outcomes. Measurement variability, including the use of diverse assessment tools for muscular endurance, may also contribute to inconsistencies. Characteristics of the study populations, such as baseline fitness levels, age, and experience, significantly affect the results. Variations in study design, including sample sizes, control groups, and training environments, further underscore the complexity of assessing the physiological impact of step-ups on volleyball players. These factors highlight the need for standardized methodologies when evaluating exercise interventions in athletic populations.

Hypothesis two established that push-ups training significantly improves the upper-body muscular endurance of LASUED volleyball players, because the calculated value (36.851) is more than the critical value ($F(1, 27) = 4.21$, $p < 0.05$). Moreover, the push-ups training accounted for about 57.7% (Partial $Eta^2 = 0.577$) of the observed variance in the upper-body muscular endurance of LASUED volleyball players. This finding suggests that push-ups training has a significant impact on enhancing upper-body muscular endurance, which is essential for volleyball players to perform effectively during games and training sessions. The result aligns with the findings of Carter et al. (2018), who demonstrated that push-ups significantly increased muscular endurance among athletes, particularly those engaged in sports requiring repetitive upper-body movements. Additionally, the findings corroborate the study by Zhang et al., (2020), which highlighted the benefits of push-ups in improving muscular endurance and overall functional strength in team-sport athletes. However, the result contrasts with the findings of Bello and Yusuf (2016), who reported minimal improvements in upper-body endurance following push-ups training in volleyball players, attributing the results to inadequate training durations. Furthermore, the result is at variance with Ogunleye and Fakunle (2022), who found no significant difference in upper-body endurance among volleyball players participating in push-ups training, suggesting that external factors such as motivation and adherence play a larger role than the exercise itself. The observed discrepancies in findings regarding the effects of push-ups training on upper-body muscular endurance may be attributed to several factors. Variations in training intensity, frequency, and duration can lead to differing outcomes. Differences in measurement tools for assessing muscular endurance also contribute to inconsistencies.

Hypothesis three established that squats training significantly improves the overall muscular endurance of LASUED volleyball players, because the calculated value (27.168) is more than the critical value ($F (1, 27) = 4.21$, $p < 0.05$). Similarly, the squats training accounted for about 50.2% (Partial $Eta^2 = 0.502$) of the observed variance in the overall muscular endurance of LASUED volleyball players. This finding suggests that squats training has a significant impact on enhancing overall muscular endurance, which is critical for sustained performance in volleyball. The result aligns with the findings of Thomas et al. (2018), who reported that squats training significantly improved muscular endurance and strength, especially in athletes involved in high-intensity sports. Equally, Adekunle and Bello (2019) found that incorporating squats into regular training routines greatly enhanced both lower and overall muscular endurance in volleyball players, emphasizing their effectiveness in improving physical performance.

Hypothesis four established that vertical jump training significantly improves the explosive power and muscular endurance of LASUED volleyball players, because the calculated value (16.350) is greater than the critical value ($F (1, 27) = 4.21$, $p < 0.05$). Furthermore, the vertical jump training accounted for about 37.7% (Partial $Eta^2 = 0.377$) of the observed variance in the explosive power and muscular endurance of LASUED volleyball players. This finding suggests that vertical jump training significantly enhances both explosive power and muscular endurance, which are critical components of volleyball performance. The result aligns with the findings of Carter et al. (2019), who reported that vertical jump exercises effectively increased explosive power and muscular endurance in athletes involved in jumping and sprint-based sports. Similarly, Adewale and Johnson (2020) found that vertical jump training significantly improved leg power and muscular stamina, emphasizing its importance in volleyball and other high-performance sports. However, the result contrasts with the findings of Bello and Yusuf (2016), who observed minimal improvements in explosive power and muscular endurance after vertical jump training, attributing this to short training durations and insufficient exercise intensity. It also disagrees with the conclusions of Ogunleye and Fakunle (2021),

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who argued that vertical jump training alone is insufficient to significantly impact explosive power and endurance unless paired with resistance and plyometric exercises. The observed discrepancies in findings regarding the effects of vertical jump training on explosive power and muscular endurance may be attributed to several factors. Variations in training intensity, duration, and frequency can result in differing outcomes. Differences in measurement techniques for assessing power and endurance also contribute to inconsistencies. Study population characteristics, such as baseline fitness levels, age, and athletic experience, play critical roles in determining training effectiveness. Additionally, variations in study design, including sample sizes, control groups, and training environments, underscore the complexity of evaluating the physiological benefits of vertical jump training. These factors highlight the need for standardized methodologies to assess the impact of vertical jump exercises in athletic populations.

Conclusion

The findings of this study demonstrate that specific resistance training exercises significantly enhance muscular endurance among volleyball players at Lagos State University of Education (LASUED). Step-ups training showed a notable impact on lower-body muscular endurance, accounting for 51.4% of the variance, while push-ups significantly improved upper-body endurance, explaining 57.7% of the observed changes. Squat exercises contributed to a 50.2% improvement in overall muscular endurance, and vertical jump training positively affected explosive power and muscular endurance, with a 37.7% variance explanation. These results, all statistically significant at $p < 0.05$, affirm that structured resistance exercises such as step-ups, push-ups, squats, and vertical jumps are effective strategies for enhancing different dimensions of muscular endurance and performance among university-level volleyball players.

Recommendations:

Given the findings of this study, the following recommendations were made:

1) Coaches and trainers should include step-ups, push-ups, squats, and vertical jump exercises as integral components of training regimens for volleyball players to enhance specific muscular endurance and explosive power needed for optimal performance.
2) Training programs should be customized based on individual player fitness levels, ensuring appropriate intensity and duration to maximize benefits and reduce the risk of injuries.
3) To further improve outcomes, these exercises should be paired with other complementary training methods, such as resistance training, plyometrics, and core strengthening, to provide holistic physical development.
4) Regular assessment of players' performance metrics, including endurance and explosive power, should be conducted to track improvements and adjust training programs as necessary.

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